

East Chambers Elementary
February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<u>1 PANCAKES</u> Bosco Cheese Sticks Ham and Cheese on Bun Oven Baked Chips Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
<u>4 HONEY BUN</u> Hamburger on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce of Fresh Fruit Choice of Milk	<u>5 CEREAL W/ POP TART</u> Cuban Flatbread Sandwich Or Grilled Cheese sandwich Vegetable Soup Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>6 BREAKFAST PIZZA</u> Cheese Pizza or Chef Salad Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>7 POP TART</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>8 FRENCH TOAST STICKS</u> Chicken Nuggets or Ham and Cheese Wrap Broccoli Cheese Rice Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk
<u>11 KOLACHE</u> BBQ on Bun or Hot and Spicy Chicken Patty on Bun Potato Smiles Broccoli and Cheese Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>12 POP TART</u> Chicken Fajitas or Breaded Beef on Bun Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>13 SAUSAGE PANCAKE BITES</u> Pepperoni Pizza Chef Salad Seasoned Carrots Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>14 CEREAL W/ POPTART</u> Chicken Parmesan or Strawberry Parfait Garlic Mashed Potatoes Corn Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>15 PANCAKES</u> Corn Dogs or Ham and Cheese Sandwich Sweet Potato Fries Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
18	<u>19 CEREAL W/ POP TART</u> Beef and Cheese Burrito or Crispy Beef Tacos Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>20 BREAKFAST PIZZA</u> Cheese Pizza or Chef Salad Green Beans Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>21 POP TART</u> Pork Roast w/ Gravy Yogurt Tray Green Peas Rice Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>22 FRENCH TOAST STICKS</u> Chicken Tenders w/ Roll or Ham and Cheese Wrap Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk

<u>25 KOLACHE</u> Chicken Patty on Bun or Hot and Spicy Chicken Patty on Bun “Pizza” Green Beans Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>26 POP TART</u> Beef and Cheese Nachos or Breaded Beef on Bun Refried Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>27 SAUSAGE PANCAKE BITES</u> Pepperoni Pizza Chef Salad Corn Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>28 CEREAL W/ POPTART</u> Baked Chicken or Blueberry Parfait Mashed Potatoes Gravy Cheesy Green Beans Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	
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